

# Uur miyaad leedahay?

## Naaska miyuu ilmahu nuugaa?

## Ilmuhu miyuu ka yaryahay

## 5 sano?



Lacagtū miyey kugu yartahay? Dawooyinka miyaad u isticmaashaa warqada caafimaad ama Healthy Options\*/waxyaabo kale oo caafimaadka ah? Ma' doonaysaa inaad oggaato wax badan oo ku saabson ilmahaaga koridiisa iyo sidduu naasaha u nuugo?

### Wac WIC maanta.

Nafaqada barnaamijka ee dumarka, cunugga yar ee dhashay, iyo carruurta. Waa go'aan qiimo leh oo u wanaagson carruurtaada iyo maaliyadaada/budget.

#### WIC waxay kugu caawinaysaa si ilmaagu caafimaad ugu koro marka uguhoraysaba:

- Jeeg gaadhaya \$50 oo cunto caafimaad ku saabson bishiiba: caano, ukun, boorash, jiis/cheese, digir qalalan, juus/juice, lows burcad/peanut butter iyo foormulada ilmaha aan naaska nuugin.
- Buug cunug oo la siiyo ruuxa uurka leh.
- Borotiin iyo naas nuugid wax ku saabson.
- Caawimo ku saabson sidii waxyaabah caafimaad ka loo helo.

#### WIC dhakhliga/income hanuun bishiiba mar:

(Qofka uurka leh iyo ilmaheeda waxaa loo tiriya 2 qof)

- Reerkii 2 qof ah oo ay soo gasho lacag gaadhaysa ilaa \$1,869
- Reerkii 4 qof ah oo ay soo gasho lacag gaadhaysa ilaa \$2,837
- Reerkii 6 qof ah oo ay soo gasho lacag gaadhaysa ilaa \$3,805

(Wuxuu dhamaanaya Maarsø, 2004)

\* Haddii aad qaadatid kuuban/coupon warqada caafimaadka ama Healthy Options/warqada oo Caafimaadka ah waa laguu ogolyahay barnaamishka **WIC**.

#### WIC dadka oo dhan ayey u furantahay.

Helida WIC waxba ma yeelayso arrimahaaga imigarayshankawaaxda socdaalka.



**1-800-322-2588**

Healthy Mothers, Healthy Babies

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